



# Intro to Competitive Swimming Camp

Welcome to the Westport Parks and Recreation Intro to Competitive Swimming program. This intense one week training camp will focus on freestyle, backstroke, turns, and starts. This program will focus on refining participant's competitive strokes and increasing speed techniques while having fun in the water. Students must be proficient in freestyle and backstroke. Each lesson will incorporate a technical component of swimming followed by a fitness element. Each participant must have goggles.

## General Program Information

The Intro to Competitive Swimming Camp is available to boys and girls ages 8 – 15 years old. Children will have the opportunity to improve their swim skills and racing technique.

**Session 1: August 7 – 11**                      **M – F**                      **9 a.m. – 10:25 a.m.**

**Session 2: August 14 - 18**                      **M – F**                      **9 a.m. – 10:25 a.m.**

## Drop Off, Pick Up and Parking

When dropping off and picking up your child, please pull into the drop off area in the pool parking lot. Please do not park, it is for drop off and pick up only. The pool parking lot is available for parking if you have a valid vehicle parking emblem. If you do not have a parking emblem and wish to park your vehicle, the gravel and paved lot at the marina is available.

## Rain Days

All instruction is OUTDOORS. There are no indoor facilities. Any day that there is a threat of rain or rain occurs; it is up to you to call the cancellation line at Parks and Recreation, **(203) 341-5074**. There are no make-ups due to inclement weather. DO NOT CALL THE POOL.

## Information about the Lessons

- Attire for the lesson should be a bathing suit – no cut offs or shorts. Each participant should bring a towel. Locker rooms are available for changing. All participants MUST shower prior to entering the pool for their lesson.
- There is no eating or drinking on the pool deck
- If parents wish to stay and watch their child's lesson they may do so, but must be on the outside of the fence. You may NOT stand on the pool deck.
- Please apply sunscreen protection to your child to protect him/her from the sun prior to the start of the lesson.
- Goggles and swim cap

## Swim Staff

Cyndi Palaia is the swim coordinator. She can be reached at (203) 341-5087 or [Cpalaia@westportct.gov](mailto:Cpalaia@westportct.gov). If you have any questions or concerns about the program and your child's progress, please feel free to contact Cyndi.

## General Rules

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child so he/she understands all the rules and regulations.